

Full Report (All Nutrients) 45223645, DANNON, LIGHT & FIT, CHOCOLATE ON TOP NONFAT GREEK YOGURT & SAUCE, CHERRY, UPC: 036632038159

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer The Dannon Company, Inc.

Nutrient	Unit	Data points	Std. Error	1 CONTAINER 141g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	100	71
Protein	g	--	--	11.00	7.80
Total lipid (fat)	g	--	--	1.49	1.06
Carbohydrate, by difference	g	--	--	11.00	7.80
Fiber, total dietary	g	--	--	0.0	0.0
Sugars, total	g	--	--	6.99	4.96
Minerals					
Potassium, K	mg	--	--	140	99
Sodium, Na	mg	--	--	70	50
Vitamins					
Lipids					
Fatty acids, total saturated	g	--	--	1.001	0.710
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	10	7

Amino Acids

Other

Ingredients

CULTURED GRADE A NON FAT MILK, WATER, GLYCERINE, HEAVY CREAM, FRUCTOSE, CONTAINS LESS THAN 1% OF MODIFIED FOOD STARCH, CHOCOLATE, COCOA (PROCESSED WITH ALKALI), CHERRY PUREE, NATURAL AND ARTIFICIAL FLAVORS, FRUIT JUICE AND VEGETABLE JUICE (FOR COLOR), SOD *Date Available: 10/28/2016 Date Last Updated by Company: 10/28/2016*